



Yesler

COMMUNITY CENTER

FALL 2006



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NEW!

REGISTER ONLINE - it's easy!

www.seattle.gov/parks

SPARC

Yesler Community Center

917 E. Yesler Way
 Seattle, WA 98122
 Phone: 206-386-1245 Fax 684-7787
 Visit us online at www.seattle.gov/parks/

Hours of operation

| | |
|-----------------------------|--------------------|
| Monday, Wednesday, & Friday | 1 to 9 p.m. |
| Tuesday & Thursday | 10 a.m. to 9 p.m. |
| Saturday | 10 a.m. to 5 p.m.* |
| Sunday | Closed |

*Beginning Sept 9, 2006

Program registration

Begins Aug 14, 2006

Program dates

Sept 4 - Dec 31, 2006 (unless otherwise noted)

Holiday closures

Monday, September 4, Labor Day
 Friday, November 10, Veterans' Day Observed
 Thursday, November 23, and Friday, November 24,
 Thanksgiving Holiday
 Monday, December 25, Christmas Day
 Monday, January 1, New Year's Day

Metro Bus Routes

Routes 27 and 60 stop on E. Yesler Way and
 Broadway (in front of the community center)
 Routes 12 and 7 stop on S. Jackson St. and 12th Ave.
 S. (4 blocks away)

Directions

Yesler Community Center is located in the heart of
 Seattle on the corner of E. Yesler Way and Broadway. We
 are just minutes away from Downtown Seattle, Capital
 Hill, Beacon Hill, Pioneer Square, Safeco Field and Quest
 Stadium.

| South on I-5: | North on I-5: |
|---|--------------------------|
| Take the James St. Exit. | Take James St. Exit. |
| Merge onto 6th Ave. (stay in right lane) | Turn right on James St. |
| Turn left on Yesler Way. | Turn right on Boren Ave. |
| | Turn right on Broadway. |

OUR BROCHURE INFORMATION IS ALSO AVAILABLE ONLINE!

Did you know you can access our brochure in
 two different formats? You can visit our web
 site at [www.seattle.gov/parks/centers/
 miller.htm](http://www.seattle.gov/parks/centers/miller.htm) and download a pdf (Free Adobe
 Reader required) that you can print, or you
 can explore our new **searchable** brochure
 at www2.seattle.gov/parks/brochure.
 Type in some keywords and find classes that
 are custom suited to you!

Mission

Seattle Parks and Recreation will work with all
 citizens to be good stewards of our environment, and
 to provide safe and welcoming opportunities to play,
 learn, contemplate and build community.

Management Staff

Ken Bounds, Superintendent
 B. J. Brooks, Deputy Superintendent
 Christopher Williams, Parks & Recreation
 Operations Director
 Robert Stowers, Central East Recreation Manager

Professional Staff

Shari Watts, Recreation Coordinator
 Ian Hallock, Assistant Recreation Coordinator
 Ron Brown, Teen Development Leader
 Kiesha Cannon, Recreation Leader
 Leslie Woods, Recreation Attendant
 Billy McKinion, Maintenance Laborer
 Asfaha Lemlem, Computer Lab Coordinator
 Jamal Willis, Child Care Program
 Joe White, Child Care Program

Payment

You can pay for classes and other activities by mail, in
 person during regular facility hours, or by telephone
 with a credit card. We accept Visa, MasterCard and
 American Express. Please make checks and money
 orders out to our Advisory Council. PLEASE NOTE:
 Payment is due when you register, unless we have
 indicated otherwise. If your check is returned for
 insufficient funds, your registration will be cancelled
 until you pay the amount due, plus a \$20 fee. (Credit
 card or cash only.) We are working on a system that
 will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and
 the Associated Recreation Council that:

- Anyone who registers for a class, camp, special
 event or program that is cancelled for any
 reason by Parks and Recreation or the Advisory
 Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight
 camp, special event, or facility rental, and who
 requests a refund 14 days or more before its start (or
 before the second session of a class), may receive a
 refund minus a service charge.
- Anyone who registers for a day camp, trip,
 overnight camp, special event, or facility rental,
 and who withdraws from the activity fewer than
 14 days before its start (or after the second session
 of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific
 information.

Special Events



HALLOWEEN CARNIVAL **Free**

Come join us for a creepy crawly evening of fun and excitement! There will be a fantastic carnival with games and prizes for kids of all ages.

Fri, Oct 27

6 – 8 p.m.

Location: Gym

FAMILY BINGO NIGHT **\$1**

Bring the family out and test your luck for a night of good old fashion B-I-N-G-O. This event is fun for all ages. There will be wonderful prizes to choose from for winners.

Location: Multi Purpose Room

Fri, Sep 29

6 – 8 p.m.

Fees: \$1.00 per card (Participants may only play with one card at a time.)



THANKSGIVING CELEBRATION

Come join us for a wonderful Thanksgiving dinner and some great company. Bring your family and friends to help us celebrate this festive occasion.

Tue, Nov 21

6 – 8 p.m.

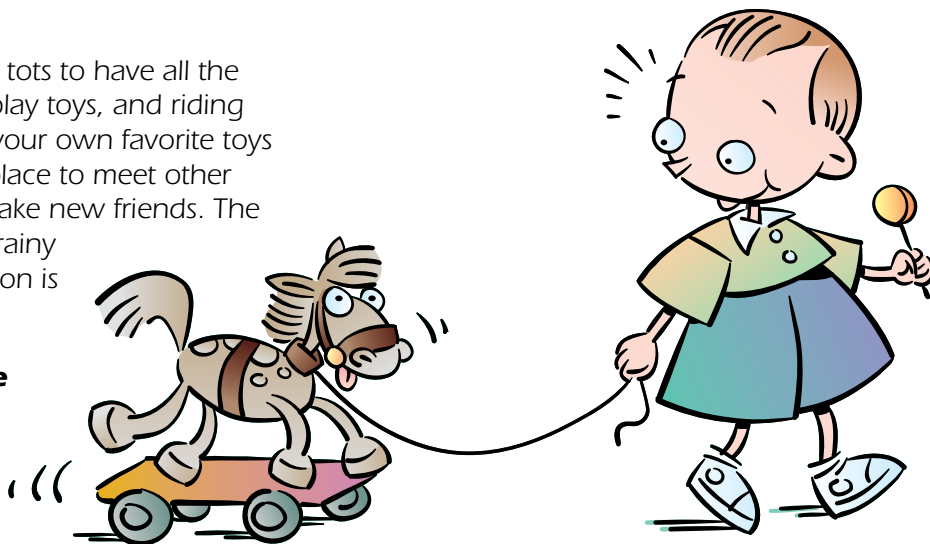
Fees: FREE

Toddler

TOT GYM

The gym will be reserved for tots to have all the fun they want. Balls, active play toys, and riding toys will be available. Bring your own favorite toys or use some of ours. Great place to meet other parents with toddlers and make new friends. The Tot Gym is perfect for those rainy Seattle days. Parent supervision is required.

\$1 drop-in fee per child
\$10 punch card available
Thursdays
10 a.m. – Noon



Youth

BEFORE SCHOOL PROGRAM

If you're interested in Before School Care give us a call to be placed on an interest list. 206.386.1245.

Age: 5 to 12

Mon – Fri

Fees: \$160.00; scholarships are available.

Location: Childcare Room

AFTER SCHOOL PROGRAM

This program is designed to serve the needs of working parents by providing children with a wide variety of experiences and choices designed to enhance self-esteem and independence within an engaging child-centered space. Our trained staff are committed to cultivating individual and nurturing relationships with participants as well as on-going programming that reflects the interests and worlds of our participants. This program follows the calendar of Seattle Public Schools.

Ages 5 – 12

Location: Childcare Room

After School – 5 days \$245, 2nd Child Discount \$235

Mon – Fri

#9260

#9262

#9263

#9268

3 – 6:30 p.m.

9/6 – 9/29

10/2 – 10/31

11/1 – 11/30

12/1 – 12/15

ALL DAY CAMP

Ages 5 – 12

Do you need childcare for one day while the kids are out of school? Sign them up for Yesler's one day camp. Our staff will keep them busy with fun filled activities throughout the day.

Location: Childcare Room

#9271 Fri, Oct 13 7 a.m. – 6 p.m.

Full-time participants in both BF & AF \$10, Participants in either BF or AF \$15, Participants NOT in BF or AF \$29

WINTER BREAK DAY CAMP

Ages 5 – 12

Yesler is offering a great camp for kids (grades K-5). The weeks will be packed with fun and exciting activities. A completed medical authorization/permission form must be on file at the center.

Week 1 12/18 – 12/22 7 a.m. – 6 p.m.

Fees: \$145; 2nd child \$140.00

Week 2 12/26 – 12/29 7 a.m. – 6 p.m.

Fees: \$116.00; 2nd child \$112.00

Youth Sports

Athletics

CUB BASKETBALL

This basketball program is for the younger hoopsters. They'll be able to play with youth amongst their own skill and age levels. Practice is twice a week and games are on Friday nights. Child must have proof of age to participate. Registration begins on October 7, 2006.

Age: 8 to 9

Fees: \$55

YOUTH BASKETBALL

This basketball program is for girls and boys age 10-17. Teams will be formed according to age and gender. Practice starts in November 2006 and the season ends in March 2007. Child must have proof of age to participate.

Registration begins on Oct 7.

Age: 10 to 17

Fees: \$55



GIRLS VOLLEYBALL

Volleyball is a game that can be played and learned with little or no experience. Girls will learn the basics of volleyball in a recreational setting. Practice days and times are determined by availability of a volunteer coach. Practices will begin in September.

Ages 10 - 17

Location: Gym

#9405 Tu/Th, 6 - 7 p.m.

9/5 - 10/31

Fee \$35



FLAG FOOTBALL

Youth will have fun learning the fundamentals of football in a non-contact environment. Teams are formed by age groups and players will have practices and games beginning in September.

Ages 10 - 17

Location: Outdoor Space

#9404 Sat, 10 a.m. - 1 p.m.

9/9 - 11/18

Activity Fee \$35

Youth / Teens



ADVANCE HIP HOP DANCE

Free

Explore elements of jazz, street dance, funk, as well as freestyle movement. Participants create original moves that express their individual sense of style & contribute to collaborative choreographed performances.

Instructor: Rita Alcantara

Age: 5 to 18

Location: Multi Purpose Room

Wed Time: TBA Sep 13 – Dec 13

BEGINNING HIP HOP DANCE

Free

Explore elements of jazz, street dance, funk, as well as freestyle movement. Participants create original moves that express their individual sense of style & contribute to collaborative choreographed performances.

Ages: 5 to 18

Location: Multi Purpose Room

Wed 3 – 4 p.m. Sep 13 – Dec 13

MULTI-MEDIA

Free

Draw, paint, collage & paper mache' your creative ideas into reality! Contribute to a group exhibition by using found objects, nature images & a variety of materials to create a working portfolio of your original 2D and 3D artwork.

Instructor: Susanna Bluhm

Age: 7 to 18

Location: Art Room

Thu 4 – 6 p.m. Sep 14 – Dec 14

NATURAL VOICES

Free

Let your natural voice be heard! Explore the world of singing with your friends while learning to project & control your voice. Write original lyrics & share your songs with others by creating individual and group performances.

Instructor: Erica Merritt

Age: 5 to 18

Fri 3 – 5 p.m. Sep 15

TEEN ADVISORY COUNCIL

Yesler's Teen Advisory Council is looking for trustworthy, reliable and responsible youth to join. The goal of the Teen Council is to involve youth in planning teen programs and to have teens implement their ideas and opinions. Members of the Teen Advisory Council are required to attend monthly meetings. Meetings are held first Thursday of every month.

Location: Teen Room 4 p.m.

Youth / Teens

TEEN DEVELOPMENT PROGRAM

Yesler's Teen Development Program is available year round to youth ages 11-18. The goal of the program is to provide activities to teens in six core areas: Environmental Education & Stewardship, Arts & Culture, Life Skills & Job Readiness, Social Recreation, Citizenship & Leadership Development, and Sports & Fitness.

Participants in the Teen Program must have Participant Information & Authorization form completed, signed by a parent or guardian and on file in order to participate in activities. All activities are first come first serve. Sign-up sheets are available prior to activities. Some activities may require an additional permission slip signed by a parent or guardian in order to participate.

Instructor: Ron Brown

Age: 11 to 18 middle and high school youth

Location: Teen Room

4 - 5 p.m.



INSTRUCTORS WANTED

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you'd like to share with others in a class or workshop format, please come in and talk to a member of our staff or give us a call (206) 386-1245.

OPERATION FRONTLINE **Free**

Operation Frontline is an organization that promotes healthy eating. They will come and cook a healthy snack with your group and conduct a nutritional activity.

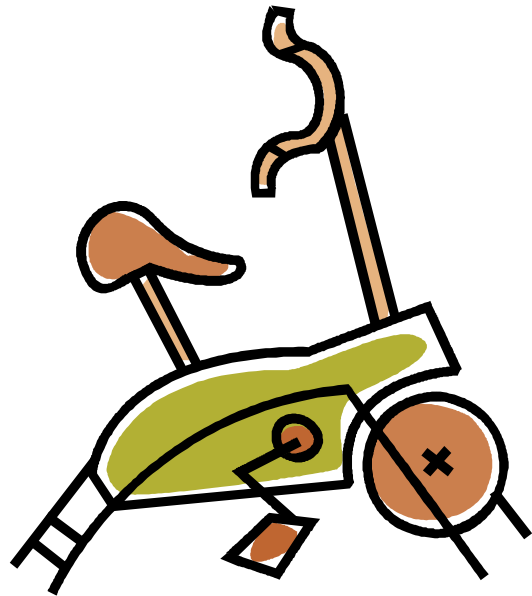
Instructor: TBA

Age: 11 to 18 middle & high school youth

Wed 4 - 6 p.m. Sep 5 - Oct 10

Fees: FREE

Location: Kitchen



TEEN FITNESS **Free**

The program goal is to teach teens the importance of exercise as part of a healthy life style.

Age: 11 to 18

Location: Fitness Room

Wed

Time: TBA

Sep 6 - Nov 2

URBAN ARTS **FREE**

Hiphop music. Spokenword. Graffiti Art. Zines! Join us in a multi-media exploration of the history of Hip Hop that will include: publishing a zine with your original artwork & lyrics, visiting a recording studio to create a collaborative music/spokenword cd, group discussions & live performances. Participants will consider how the arts empower youth to address community & world issues.

Age: 11 to 18

Location: Art Room

Instructor: Laura "Piece" Kelley

Tue

3 - 5 p.m.

Sep 12 - Dec 12

Teens



ART YOU CAN EAT

Explore color, texture & taste in a new world culture culinary arts class that is all about flavor, friends and fun! Participants will consider hands-on where food comes from, and the role of food in culture & the environment while learning cooking basics through working as a team to create a wide range of ethnic dishes.

Age: 10 to 18

Location: Kitchen

Instructor: Sumayya Diopp

Mondays Sep 11 – Dec 11

4 – 6 p.m.

Fees: FREE

INSTRUCTORS WANTED

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you'd like to share with others in a class or workshop format, please come in and talk to a member of our staff or give us a call (206) 386-1245.

LOOKING FOR SOMETHING?

Is there a class you'd like to see offered at Yesler Community Center? In an effort to accommodate the wants and needs of the community and provide a variety of classes and programs, we welcome your input. Just give us a call (206)386-1245

Computer Lab and Learning Center

Yesler Learning Center Schedule

The schedule may change without prior notice.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 10 a.m. – Noon Multi-Facilitated Time Only for Adults (Appt. required) | 10 – 11 a.m. Head Start | 10 – 11 a.m. Vietnamese Basic Computer Skills Class | 10 – 11 a.m. Vietnamese Basic Computer Skills Class | 10 a.m. – Noon Multi-Facilitated Time Only for Adults (Appt. required) |
| 2 – 4:30 p.m. Open Lab | 2 – 4:30 p.m. Open Lab | 2 – 4:30 p.m. Open Lab | 2 – 4:30 p.m. Open Lab | 2 – 5 p.m. Open Lab |
| | 4:30 – 5:30 p.m. Kids Place | 5 – 7 p.m. High School Catholic Youth Tutoring | 4 – 6:30 p.m. Teens Tech | 4:30 – 6:30 p.m. Techno Mobile |
| 4:30 – 6:30 p.m. ESL Computer and Basic Computer Adults Only | 5 – 6:30 p.m. Multi-Facilitated Time Only for Adults 18 and Over | 4:30 – 6:30 p.m. ESL Computer and Basic Computer Adults Only | 5:30 – 6:30 p.m. Multi-Facilitated Time Only for Adults 18 and Over | 5:30 – 6:30 p.m. Multi-Facilitated Time Only for Adults 18 and Over |

SENIORS TRAINING SENIORS IN COMPUTER BASICS

The seniors training seniors in computer basics is a four 2 – hour class (one session) where seniors, in small class settings, will learn about computers, how to access the Internet and E-mail.

FUN ZONE

This structured after school program for kids ages 6-12. Kids will work on computer related projects; homework and play web based educational programs. Scanning pictures and manipulation of pictures using different software.

GETTING STARTED WITH COMPUTERS

This is a four-week, twice a week class! Learn practical applications and computer basics for personal or business use. Topics include introduction to Win 98, 2000, and the Internet; basic skills using software for word processing, spreadsheets, and Typing. No previous contact with computers required.

TEENS MULTI MEDIA

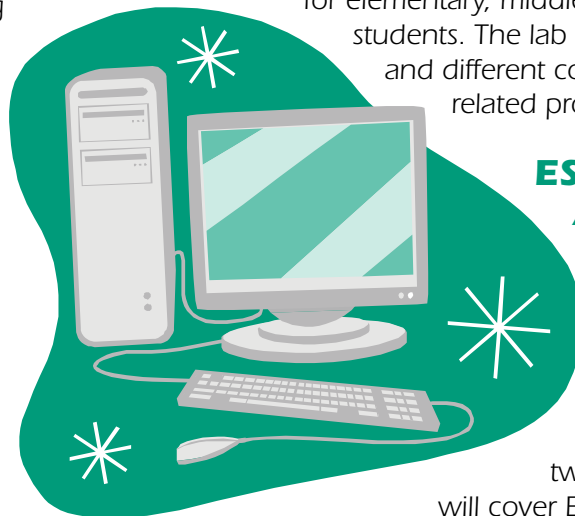
Multi Media for Teens: This is a joint project of RedLama Tech group and Yesler Learning Center to train teens with multi media programs. The program will run for 8 weeks and participants will learn—Introduction to computer programming and databases.

TUTORING

This program is designed for Catholic community Services Youth tutoring. The program meets three days a week 2 hours session (4 - 7 pm). This is one on one tutoring for elementary, middle, and high school students. The lab is utilized for homework and different computer and Internet related projects.

ESL (ENGLISH AS A SECOND LANGUAGE)

This course target immigrants living in Yesler Terrace. The class is an eleven-week class and it will meet twice a week. This course will cover English as a second language skills involving grammar, writing, vocabulary and sentence.



Adults

Sports

DROP-IN CO-ED VOLLEYBALL **\$2**

Mondays **7 – 9 p.m.**
Location: Gym
Age: 18+

DROP-IN CO-ED BASKETBALL **\$2**

Mondays **7 – 9 p.m.**
Location: Gym
Age: 18+

First Aid, Health & Safety

FIRST AID & ADULT CPR **\$55**

This course teaches how to respond to an emergency, proper techniques of controlling bleeding, treatment for burns, poisonings and sudden illness, choke-saving maneuvers, rescue breathing & CPR for adults. This course meets OSHA & WISHA requirements. PLEASE REGISTER BY CALLING AMERICAN RED CROSS AT 206.726.3534

Instructor:
American Red Cross
Location: Child Care Room
Saturdays **4 – 5 p.m.**
9/16, 10/21, 11/18, 12/16



FITNESS ROOM

Treadmills, elliptical trainers, universal trainers, free weights. Whether you're trying to get in shape or stay in shape, our fitness room is here to help you meet your goals. Get a monthly fitness pass for only \$15 or you can drop-in any day for \$2. The fitness room is open during our regular business hours.

Age: Adults only

TRIP REGISTRATION INFORMATION

Payment must be received 5 working days prior to departure.

Make checks payable to: SAAC.

Mail checks to: Senior Adult Programs, Attn: Central Sector, 8061 Densmore Ave N, Seattle, WA 98103-4436

Trip Registration: Phone-in only by calling 206-684-4240 **at 8 a.m. on the date listed** for each trip. Leave your name, phone number, and pick-up site. You can sign up yourself and one other person. You'll **only** be called back if you're on the wait list. All trip times, costs, and destinations are subject to change.

East Pick-up Sites:

Miller CC 330 19th Ave E
 Pickup 15 minutes before time listed
 Garfield CC 2323 E Cherry St
 Pickup at time listed

ART ATTACK

Explore and play in this class for artists and wanna be artists! We will try different mediums and techniques and immerse ourselves in the joy of creating for our time together. Come with ideas and enthusiasm!

Instructor: Jill Demeter
Tue **10 a.m. – Noon** **10/3 – 12/12**
Fees: \$2.00 drop in materials fee per week
Location: Yesler CC

DROP IN PICKLEBALL

Drop in and play this fun, competitive game that is sure to keep you moving and in shape!

Tuesdays **9/12 – 12/12**
Fees: \$2.00 drop in fee

HEALTHY EATING DURING THE HOLIDAYS

Free

Plan ahead for the holidays and healthy eating. Learn to avoid the pitfalls of over indulging, too many sweets and just too much of everything with these tips and tricks and great recipes!

Thu **11/16** **11:30 a.m.–12:30 p.m.**
Location: Miller CC

Seniors

QUICK BREADS

\$6

Quick breads make great gifts, great desserts and are just all around yummy! Learn and try some great recipes and take at least 1 loaf home!

Thur 11/30 10 a.m. – Noon
Location: Yesler CC

RADIO READERS

Do you remember the old radio shows with the sound effects and the readers on stage? Wouldn't it be fun to bring it all back to life? Join us as we re-live the days of radio with a library of old scripts, our own sound effects and all of the fun! Call for information and to get involved!

Location: Langston Hughes CAC

THE GOOD, THE BAD AND THE YUMMY OF NUTRITION

Free

Learn about good fats, bad fats, healthy eating to lose and maintain weight, good food on a budget, and preparation tips and tricks to make all that nutritious food taste great. Lots of tasting!

10/16 – 11/6 11 a.m. – Noon
Mondays Miller CC
Thursdays Yesler CC

THEATRE GAMES

\$32

Play! Using improvisation, pantomime and other theatrical methods we will exercise mind and body in this fun and relaxing class which will explore the acting aspects of theater. For non-actors and actors alike!

Instructor: Bill Dore
Wed 10/4 – 12/13 11 a.m. – Noon
Location: Langston Hughes CAC

FIT FOR LIFE

\$24-1 day/wk

Low impact aerobics designed for your fitness level. Improve your health and tone your muscles for increased flexibility and mobility.

Location: Garfield CC
Mon or Wed 10:45 – 11:45 a.m.

YOGA

\$24

Enjoy gentle stretching and movement with awareness, correct alignment and deep breathing. Build stamina; improve your circulation, flexibility and range of motion.

Instructor: Paul Feterowicz
Wed 10/4–12/13 9:15–10:15 a.m.

TAI CHI

\$24/Location

Learn slow and gentle meditative exercises that are good for stress, balance, concentration and general physical well being.

Instructor: Ed Baxa
Tue 12:30–1:45 a.m. 10/3 – 12/12
Location: Yesler CC
Thur 10:15 – 11:15 a.m. 10/5 – 12/14
Location: Miller CC

Field Trips

TULALIP CASINO AND OUTLET SHOPPING

\$8

Fri, 11/3 10 a.m. – 4 p.m.

GIG HARBOR QUILT SHOW

\$8

Fri, 10/6 10 a.m. – 5 p.m.

ALDERBROOK INN ON HOOD CANAL

\$40

Fri, 10/20 9:30 a.m. – 5 p.m.

REMLINGER FARMS HARVEST TOUR

\$8

Fri, 10/27 9 a.m. – 5 p.m.

DEAD SEA SCROLLS

\$18

Wed, 11/1 9 a.m. – 4 p.m.

NORTHWEST PUPPET CENTER

\$5

Fri, 11/17 10 a.m. – 3 p.m.

BELLEVUE BOTANICAL

\$6

GARDENS BY DAY AND NIGHT
Fri, 12/8 2 a.m. – 7 p.m.

BREMERTON WINTERFEST

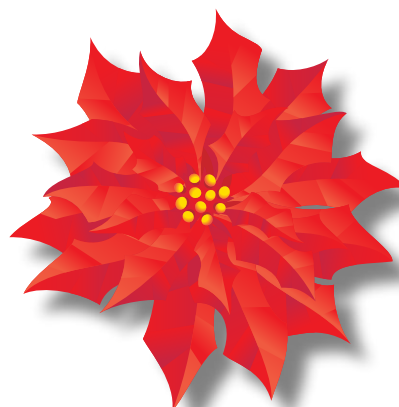
\$15

Fri, 12/1 10 a.m. – 5 p.m.

POINSETTIA FESTIVAL

\$6.50

Fri, 12/15 10 a.m. – 5 p.m.



Fall Quarter 2006

MONDAY & WEDNESDAY

6:00-7:30 am.....Early Lap Swim/Masters Workout
 11 am-2:30.....Lap Swim
 11:30am-noon.....Kinder Lessons
 12:00-1:00 pm.....Adapted Water Exercise
 1:00-2:00 pm.....Pool Playland
 4:00-5:00 pm.....Public Swim (Shallow end only)
 5:30-8:00 pm.....Lap Swim
 5:00-6:00 pm.....Youth Lessons (6 & up)
 6:00-6:30 pm.....Kinder Lessons (4-5 years)
 6:00-6:45 pm.....Aqua Jogging
 6:30-8:00 pm.....Public Swim

TUESDAY & THURSDAY

11 am-2:30.....Lap Swim
 11-11:30am.....Parent/Tot Lesson
 11:30-noon.....3 Year Old Lesson
 Noon-1:00pm.....Pool Playland
 4:00-5:00 pm.....Public Swim (Shallow end only)
 5:00-6:00 pm.....Youth Lessons (6 & up)
 5:30-8:00 pm.....Lap Swim
 6:00-6:30 pm.....Kinder Lessons/Adult Lessons
 6:30-7:00 pm.....3 Year old/Tot Lessons
 7:00-8:00 pm.....Shallow Water Exercise/
 Masters Workout

FRIDAY

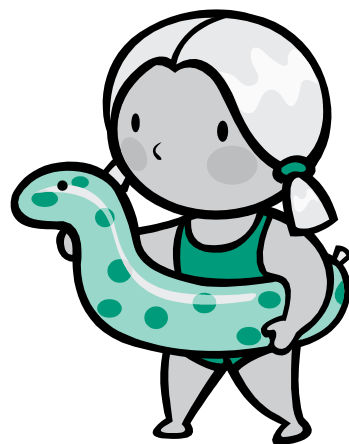
6:00-7:30 am.....Early Lap Swim/Masters Workout
 11 am-2:30.....Lap Swim
 Noon-1:00pm.....Pool Playland
 4:00-5:30 pm.....Public Swim (Shallow end only)
 5:30-6:30 pm.....Lap Swim
 5:30-6:15 pm.....Aqua Jogging
 6:30-7:15 pm.....Diving
 6:30-8:00 pm.....Public Swim

DIVE-IN MOVIE SCHEDULE

Swimming fun for the whole family. Enjoy swimming with all the lights out while watching a family-appropriate film! Popcorn will be sold for a dollar.

All Movies are rated PG

| | |
|--------------|------------------------------|
| Fri, Sept 22 | To be determined |
| Fri, Oct 27 | Simpson's Halloween Specials |
| Fri, Nov 17 | Over the Hedge |
| Fri, July 21 | To be determined |



SATURDAY

8:30-5:00 pm.....Continuous Lap Swim
 9:00-10 am.....Water Exercise
 10:00-11 am.....Family Float Swim
 11-11:30 am.....Kinder/Tot Lessons
 11:30-12:00 n.....Beg/Adv. Youth Lessons
 12-12:30pm.....3 Year Old/Adult lessons
 12:30-1:00 pm.....Private lessons/special population
 1:30-2:50 pm.....Public Swim
 3:00-3:30 pm.....Youth Lessons (6 and older)
 3:30-4:00 pm.....Kinder Lessons (4-5years)
 4:00-5:00 pm.....Public Swim (shallow only)

Medgar Evers pool is available for private splash parties, please contact the pool for available times and fees. 684-4766.

RECREATIONAL SWIM PROGRAM FEES

| | |
|------------------------|---------|
| Under 1 year | Free |
| Children (1-18 years) | \$2.75 |
| Adults (19 & Over) | \$3.75 |
| Sr. Adults/Sp. Pop | \$2.75 |
| Recreational swim card | \$20.00 |

WATER FITNESS PROGRAM FEES:

| | |
|---------------------------------|---------|
| Water Exercise/Aqua Jog | \$4.75 |
| Senior Water Exercise/Aqua Jog | \$3.00 |
| Fitness swim card | \$30.00 |
| Adult FAST Pass | \$45.00 |
| Senior/Disabled/Youth FAST Pass | \$35.00 |

Fall Quarter 2006

Recreational Swim Programs

***Early Morning Lap Swim** - Swimmers follow a posted set of lap swimming guidelines. Open to anyone who can swim lengths of the pool. Program admission is by swim ticket only.

Lap Swim - Lap swimming. At least 2 and usually 3 Lap Lanes will be available. Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. This program is offered in conjunction with other swims in the pool at the same time.

Masters Workout - A swim team workout for adults. Let our swim instructors get you in shape. Get an invigorating workout, while receiving stroke and turn tips from the experts.

Public Swim - Recreational swimming for all ages. Children who are not at least 4' tall and who are under 6 years of age must be accompanied into the pool by an adult.

Family Float Swim/Pool Playland - Recreational swimming for the whole family. All ages may participate; however, parents must accompany children under the age of 18 into the pool.

Redwood Cedar Sauna - The Sauna is available during all of our hours of operation. Children under 18, must be accompanied by parent.

Weight Training Area - The Universal weight machines, Smith Machine, & free weights are available for use during all operating hours. Check out a weight pin from the cashier. For Adults 18 and over. Fee is \$1 with swim admission & \$2 without

Fitness Programs

Water Exercise - Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and abilities. Especially helpful to seniors and patients recovering from injuries.

Adapted Water Exercise - Primarily for seniors or those seeking joint mobility and flexibility, our instructors will help improve your quality of life. Class is set to relaxing big band and contemporary music.

Deep Water Aqua Jogging - This is a great way to experience the benefits of a really good run, without the harmful impact of the real thing. Perfect for athletes who are recovering from injuries. Participants in this program must be comfortable in deep water.



Swimming Lesson Programs

PARENT TOT SWIMMING LESSONS - 6 MONTHS TO 4 YEARS

This class teaches basic water adjustment through more advanced swimming skills with an emphasis on enjoyment and relaxation.

THREE YEAR OLD LESSONS

Just for our three year old patrons! Parents watch from the deck while an experienced instructor teaches their child important skills needed to be comfortable in the water.

KINDER LESSONS - AGES 4 & 5 YEARS

Water adjustment, basic swimming skills as well as more advanced American Red Cross techniques are introduced and taught. Students are placed in small class groups, then divided into ability levels.

BEGINNING YOUTH LESSONS - AGES 6 TO 13 YEARS

American Red Cross swimming lessons, skills taught begin with water adjustment for the novice and end with crawl stroke and deep water skills. Some optional diving techniques are also included.

ADVANCED YOUTH - AGES 6 TO 13 YRS

These lessons are for advanced students who are comfortable swimming lengths of the pool, and have strong floatation and crawlstroke skills.

SUMMER SWIM LEAGUE

A fun introduction to competitive swimming. This league features regular workouts, low key competition, stroke technique and team building. If your child is 7 years or older, and able to swim one length of the pool, Summer Swim League may be for them.

ADULT LESSONS - AGES 13 AND UP

Novice through more advanced levels of instruction. The classes are tailor made to the students needs. Special gentle attention given to those adults who are aqua phobic.

BIRTHDAY & SPLASH PARTY RENTALS

Medgar Evers Pool is available for your private rental. For more information call, 684-4766

HOW TO REGISTER FOR LESSONS

Simply come to the pool cashier in the lobby during open hours and fill out a registration form and pay the class fee. Registration is done on a first come first served basis. New Participants: Open registration for Summer Quarter begins Monday, May 22nd at 11am.

Financial assistance for children's swimming lessons is available. Please contact the pool for more information.

Community Phone Numbers

Recreation Information

Public Information..... 684-8020
 Compliments/Concerns.. 684-4837
 Ballfield Rainout
 Hotline 233-0055
 Environmental
 Stewardship..... 733-9701
 Field/Tennis Court
 Scheduling 684-4077
 Group Field/Tennis Court
 Scheduling 684-4082
 Picnic Scheduling 684-8021
 Teen Program Advocate . 684-7136
 Teen TREC Program..... 684-7097

Community Services

Chamber of Commerce.. 686-3221
 Capitol Hill Neighborhood Svc Ctr .
 684-4574
 Community Law Project . 686-7252
 Crime Prevention
 Organizer 332-0621
 Crisis Line..... 461-3200
 Horn of Africa Services.... 344-5872
 IDHA..... 941-1114
 The Job Connection 344-5837
 Yesler Neighborhood
 House 461-4522
 Yesler Mngt. Office 223-3758
 Yesler Comm. Liaison..... 343-7484
 Yesler Community
 Police Officer 684-4371
 Yesler Youth Tutoring
 Program 682-5590
 Police — East Precinct 684-4300
 Police — West Precinct ... 684-8917
 Metro Transit Rider Info... 553-3000
 Yesler Computer Lab 386-1245

School Information

Bailey Gatzert..... 252-2810
 Cleveland H.S..... 252-7800
 Franklin H.S. 252-6150
 Garfield H.S..... 252-2270

Leschi 252-2950
 Madrona..... 252-3100
 Meany Middle 252-2500
 Mercer Middle..... 252-8000
 Stevens 252-3400
 T.T. Minor 252-3230
 Topps..... 252-3510
 Transportation..... 252-0900
 Washington Middle..... 252-2600

Sports Information

Amy Yee Tennis Center ... 684-4764
 Athletic Field Scheduling 684-4077
 Capitol Hill Soccer 675-0397
 Central Area Panthers
 Football 853-3181
 Citywide Adult Athletics.... 684-7092
 Citywide Youth Athletics ... 684-7091
 Field/Tennis Court
 Scheduling 684-4077
 Garfield Little League..... 721-3534
 Montlake Little League ... 853-3181

Special Programs

Senior Adult Programs
 Citywide 684-4951
 Central East 233-7255
 Special Populations
 (Youth/Adult) 684-4950

Special Interests

Aquarium..... 386-4320
 Asian Art Museum 654-3100
 Camp Long ELC* 684-7434
 Carkeek Park ELC*..... 684-0877
 Daybreak Star Cultural
 Arts Center 285-4425
 Discovery Park ELC* 386-4236
 Green Lake
 Small Craft Center 684-4074
 Langston Hughes
 Performing Arts Ctr.... 684-4757
 Mt. Baker Rowing
 & Sailing Center..... 386-1913

Seward Park ELC* 684-4396
 Woodland Park Zoo 684-4800

Community Centers & Pools

Alki CC 684-7430
 Ballard CC 684-4093
 Ballard Pool..... 684-4094
 Bitter Lake CC..... 684-7524
 Colman **(Summer only)** .. 684-7494
 Delridge CC 684-7423
 Evans Pool 684-4961
 Garfield CC 684-4788
 Green Lake CC 684-0780
 Hiawatha CC 684-7441
 High Point CC 684-7422
 International District CC.. 233-0042
 Jefferson CC..... 684-7481
 Laurelhurst CC 684-7529
 Loyal Heights CC..... 684-4052
 Madison Pool 684-4979
 Magnolia CC 386-4235
 Meadowbrook CC 684-7522
 Meadowbrook Pool..... 684-4989
 Medgar Evers Pool 684-4766
 Miller CC 684-4753
 Montlake CC 684-4736
 Mounger **(Summer only)** . 684-4708
 Northgate CC 206-386-4283
 Queen Anne CC..... 386-4240
 Queen Anne Pool 386-4282
 Rainier CC..... 386-1919
 Rainier Beach CC..... 386-1925
 Rainier Beach Pool 386-1944
 Ravenna-Eckstein CC 684-7534
 Sand Point CC..... 684-4946
 South Park CC..... 684-7451
 Southwest CC 684-7438
 Southwest Pool 684-7440
 Van Asselt CC 386-1921
Yesler CC..... 386-1245

*ELC = Environmental Learning Center

Facility Rental Information

YESLER COMMUNITY CENTER

Rent Yesler Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc.

RATES AND AVAILABILITY

Contact Yesler Community Center Staff at 206-386-1245 for cost and availability. If

Yesler Community Center doesn't suit your needs, visit the Seattle Parks and Recreation web site at **<http://www.seattle.gov/parks/reservations/Facrentalguide.htm>**. There are over 20 great locations that can be rented throughout the Parks Department!



You can make a difference!

The Yesler Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Yesler's Advisory Council is always looking for new members. Meetings are held on the third Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Yesler Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Shari Watts at 206-386-1245.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about rentals, please view our facility rental brochure (<http://www.seattle.gov/parks/rentals/Facrentalguide.htm>).

Special Populations

For information about programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950 or visit the web at <http://www.seattle.gov/parks/SpecialPops/index.htm>.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at

www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.



Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

What's Happening

HALLOWEEN CARNIVAL **Free**

Come join us for a creepy crawly evening of fun and excitement! There will be a fantastic carnival with games and prizes for kids of all ages.

Fri, Oct 27 6 – 8 p.m.

Location: Gym

FAMILY BINGO NIGHT **\$1**

Bring the family out and test your luck for a night of good old fashion B-I-N-G-O. This event is fun for all ages. There will be wonderful prizes to choose from for winners.

Location: Multi Purpose Room

Fri, Sep 29 6 – 8 p.m.

Fees: \$1.00 per card (Participants may only play with one card at a time.)

THANKSGIVING CELEBRATION

Come join us for a wonderful Thanksgiving dinner and some great company. Bring your family and friends to help us celebrate this festive occasion.

Tue, Nov 21 6 – 8 p.m.

Fees: FREE



Seattle Parks and Recreation Yesler Community Center

917 E. Yesler Way
Seattle, WA 98122

206-386-1245

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